



# AWC Active Aging

VOLUME XII, ISSUE V

SEPTEMBER/OCTOBER 2019

## From the Director, Lesli Ossenfort



### Happy 13th Anniversary AWC!

If you are anything like me, you can't believe how fast the year has passed. **Thank you for choosing to be a part of the Adult Wellness Center family!**

Some of you are new to us and others have been with us since we opened our doors. We hope that **all of you** will attend some of our celebrations we have planned!

Some of our events are free & other events serve as the AWC's major fundraisers. The

money we raise with the fundraisers help us provide services like coffee, new exercise equipment and other member needs. We are also able to raise money for our scholarship fund.

We are very grateful for all the support that we receive from our members & from the community!

We are introducing a couple of new events for our Anniversary week celebrations. We will have our first-ever AWC **Scavenger Hunt** on

Sept. 24th. Pick up your starter clue packet and follow the 13 clues. All those that finish will win a prize! Our new team member Jade (see page 3)

is kicking off **"Pump It Up"** a **strength incentive program** to

start off our anniversary week celebrations on Monday, Sept. 23rd.

This year our Annual **Silent Auction** fundraiser will start on Sept. 17th and bidding will end on Sept 20th. We will gladly accept any collectible or new items for our auction. Another highly anticipated anniversary event is our

**Annual AWC Talent Show** held at 1PM on Wednesday, Sept. 25th. We encourage our members to attend this

**free** event to enjoy the entertainment. We have a variety of performers! We encourage you to sign up to be in this

year's show by Sept. 18th.

**Celebrate our Casino Fundraiser this year!** We have over 50 prizes

donated from local businesses to win, along with the grand prize, a \$250

gift certificate for the Pinnacle Hills Promenade mall! Like in years past,

to increase your chances to win, you will have the opportunity to buy more

game chips. This year's games include: Texas Hold'em, Roulette, Craps, a

Money Wheel,

5 Black Jack tables, and a Bingo room to

entertain you! Enjoy a **catered meal**

**from Concordia** while listening or dancing to the **Dead Armadillos Band!**

Join us for the **Annual AWC Casino/ Dance Fundraiser on Sept. 28th 7-10PM (see ad on the back page).**

We encourage you to attend this fun-filled event all while supporting the AWC!

☒ ARE YOU TURNING 65 OR NEW TO MEDICARE?



| Time to review your Medicare options?

**Looking for someone who still makes house calls?**

Call your local, licensed sales agent for a free in-home Medicare consultation.\*



**Humana Office**

**479-418-5325 (TTY: 711)**

Monday – Friday, 8 a.m. – 5 p.m.

[humana.com](http://humana.com)

## Humana.

\*No obligation to enroll. Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Gold Plus **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711).

**Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。

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**Proud Sponsor of the Adult Wellness Center**

# Looking Ahead Series

**"Every next level of your life will demand a different version of you." Leonardo DiCaprio**

Living your best life means adjusting to changing life circumstances. But at times, the "what-ifs" of life can plague the mind. What if this happens? What if that happens? No one knows what the future holds, but being prepared can certainly bring some peace of mind. **Looking Ahead**, a new series at the AWC will debut this fall. Every other month, a topic will be offered that is geared to those individuals who may not have family members

available to assist them if they need help in the future. It can be worrisome to think about dealing with serious problems on your own, but anyone can end up in that situation in life. The kick off event for the series will be held on **Wednesday, September 18th at 11:00AM. Looking Ahead: What If I Need Care?** will feature a panel of local experts offering advice & tips for remaining as independent as possible, while still getting the care you need. This is a broad topic involving several issues such as health, finances, and living

situations. Members of the panel are Elder Law Attorney Todd Whatley from Wilson+Miller, Senior Housing Specialist Alison Van Hecke from The LightHouse Group NWA, Senior Insurance Specialist Tasha Settles from CBI65, and Linda Vigil from Legacy Village who has worked with family caregivers for several years in many capacities. Each panel expert will share their knowledge & answer member questions to help navigate common situations that could occur & tips to best prepare. Register by Sept 17th.

## Ballet Classes

Have you ever dreamed of being a ballerina? Now is your chance! AWC offers beginner and intermediate level classes. Ballet has been proven to improve balance, stability, flexibility and coordination. Our classes use the classical dance format and teaches the proper French

terminology for each movement. Beginner classes meet Tuesdays at 4:00 pm & Fridays at 3:00 pm. Intermediate classes are MWF at 4:00 pm. Sign up for classes at the front desk. If you are interested, plan to attend the class demo on Friday, Sept. 13 at 4:00 PM in the Wellness Studio.



## Photo Contest

If you are an amateur photographer, please consider entering our annual contest!

Photography show will be held from Oct 22-28 AWC Boardroom

Registration packets are available at the front desk after Oct. 1st and should be turned in by Oct. 16th.

## Chili Cook-off

Oct. 24th  
12:00 noon

To enter, sign up at the front desk by Oct. 22nd

## New Class - Qigong

We are happy to announce that we have a new **Qigong** class on the calendar this fall at the AWC. Qigong is a traditional Chinese practice that is centered on slow flowing movements and deep rhythmic breathing. It is helpful for developing better balance, increased cardiovascular health, and also helps calm the mind. This class will

concentrate on the 5 Animal Qigong practice. Class will be offered on **Fridays from 10AM to 11:30AM** in Game Room B and will be instructed by Jason Salgee. Jason was at the Wellness Center at the end of June assisting Master Bing, who instructed a Tai Chi & Qigong workshop. Class is \$20 per month. Save your spot at the front desk!



## New Beginning Pottery Class



**Wednesdays 2-4 PM**  
**AWC Art Room**  
**\$50 fee—supplies included**  
Learn to create pottery with David and Monica Campio

# Medicare Open Enrollment Time

Crisp cooler temperatures, falling golden leaves and Medicare Open Enrollment... these are sure signs that fall is in the air. Open enrollment starts October 15th. It's the time for beneficiaries to look at their coverage and consider any changes. The AWC has several opportunities for members to get Medicare questions answered to prepare. **Medicare Q&A** is held the **2nd and 4th Wednesday of**

**each month from 9AM-11AM.** Humana reps are in the AWC lobby during that time to answer any general Medicare questions. In addition, **Medicare Drop-In** will be held **Tuesdays Oct. 1st and 15th from 10AM-12PM and Tuesday, Oct. 29th from 1PM-3PM.** During these sessions, Carol Crumpacker from One Source Financial will be at the AWC to answer questions.

Also, on **Tuesday, Sept. 17th from 10AM-12PM** Mercy will be with us to present **Medicare: Getting Started.** This session will provide guidance for getting the most out of Medicare benefits. It's especially good for those new to Medicare or those who need a refresher. It's a good idea for all beneficiaries to review their coverage. Open enrollment ends December 7th.

## What Is Probate? Should I Try to Avoid It?

Presented by  
**James Burrus**  
Attorney at law  
Elrod Law Firm

**Oct. 30th**  
**11:00AM**

**Please sign up at the  
front desk for  
this seminar**



## What's Cookin'

### Northwest Lunch & Learn

Understanding  
Healthcare Options  
Following Unexpected  
Illness or Accident

**Wednesday,**  
**September 11th**  
**12:00PM**



### Northwest Lunch & Learn

Subject to be  
announced by the  
end of September

**Wednesday,**  
**October 9th**  
**12:00PM**



### Mercy Lunch & Learn

What Legacy Do  
I Want to Leave?  
A panel of experts will  
answer questions.

**Wednesday,**  
**October 23rd**  
**11:30AM**



Compete with other  
AWC members for the  
best chili recipe!

**Thursday,**  
**October 24th**  
**12:00PM**

**Pump It Up**  
Try out the new  
strength training  
incentive program!  
**It's free!**

Sign up at the  
Fitness Desk starting  
Anniversary week.

**You could earn a free class!**

**See Jade**  
**for more**  
**information**



## Welcome Jade

Please help us welcome Jade Goodyear, the new AWC Fitness & Media Coordinator! She went to the University of Florida for undergrad, studied abroad in Vienna, Austria and then attended the University of Arkansas for graduate school! She has a Bachelors & Masters degree in exercise science. You can find her managing the fitness center, overseeing the personal training program, training clients, leading fitness

orientations and classes, coordinating incentive programs and eventually doing social media for the AWC! Jade is happily married to her husband Nikolai and lives in Fayetteville with their two sweet Australian Shepherds, Blake & Schnitzel! "You will find that I love the color turquoise and puns galore! I look forward to meeting you if I haven't yet—Namaste!"



*Jade Goodyear*



You may be eligible to have  
your AWC membership paid  
for if you are

**Medicare Eligible**  
and have a qualifying  
insurance supplement!

These programs are  
beneficial for the AWC!

Please check at the  
front desk if you  
think you might qualify!





## CITY OF ROGERS ADULT WELLNESS CENTER

2001 W. Persimmon St

Rogers, AR 72756

Phone: 479-631-3333

Fax: 479-986-6803

[www.rogersar.gov](http://www.rogersar.gov)

Open Monday-Friday 7:00 am - 7:00 pm

Open Saturday 8:00 am - 12:00 Noon

**Active Aging to Enhance Quality of Life!**

**AWC will be closed  
September 2nd  
In observation of  
Labor Day**

**Help us cut down on paper waste. Please  
keep the included calendars to refer to  
throughout September and October.**

### 13th Anniversary Week Activities - September 23-28



#### **Casino Night**



**Saturday, Sept. 28th**

**7:00 - 10:00 PM**

Early bird Tickets - \$25

(on sale now through Sept. 20th.)

Regular Tickets - \$30

**GET YOUR TICKETS SOON!**



**Enjoy a delicious dinner,  
live music from  
The Dead Armadillos,  
numerous gaming tables,  
and lots of  
fabulous prizes given!**



#### Talent Show

Whether you participate or watch,  
please join us for the annual

**Talent Show on**

**Sept. 25th - 1:00 PM**

To enter, please notify the  
front desk by Sept. 16th



#### Scavenger Hunt

Pick up your starter envelope  
at the desk between **8:00AM-4:00PM**  
on **Sept. 24th** - then follow the 13 clues.  
Learn more about the AWC along the way!  
**All finishers will receive a  
prize for finding all the clues!**

**Happy Hunting!**



#### Silent Auction

Come in and support this AWC fundraiser  
by bidding on the items we have at our Annual Silent Auction.

**Starts Sept. 17th at 1:00 PM and**

**Ends Sept. 20th at 4:00 PM**

***If you have a new or collectible item you wish to donate,  
please bring it to the office by Sept. 13th***